



# LANDING Y GYM SCHEDULE

## EARLY WINTER 2018: UPDATED 11-12-18

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

|         | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---------|--|---|---|---|---|--|
| 6 a.m.  |  |   |   |   |   |  |
| 7 a.m.  | <b>OPEN GYM</b><br>6-8 a.m.  | <b>OPEN GYM</b><br>6-8 a.m.   | <b>OPEN GYM</b><br>6-9 a.m.   | <b>OPEN GYM</b><br>8-9 a.m.   | <b>OPEN GYM</b><br>6-8 a.m.   |  |
| 8 a.m.  | <b>BEGINNER PICKLEBALL</b><br>8-9:30 a.m.  | <b>PICKLEBALL</b><br>8-10:30 a.m.<br>First 60 Minutes<br>3.5+ on Court 3<br>After, All Levels Mix |   |   | <b>PICKLEBALL</b><br>8-10:30 a.m.<br>First 60 Minutes<br>3.5+ on Court 3<br>After, All Levels Mix | <b>OPEN GYM</b><br>8-9 a.m.                      |
| 9 a.m.  |  |   |   |   |   |  |
| 10 a.m. | <b>PICKLEBALL</b><br>9:30 a.m. to Noon<br>First 90 minutes<br>3.5+ on Court 3<br>3.0 on Court 2<br>After, All Levels Mix |   | <b>PICKLEBALL</b><br>9 a.m. to Noon<br>First 90 minutes<br>3.5+ on Court 3<br>3.0 on Court 2<br>After, All Levels Mix | <b>PICKLEBALL</b><br>9 a.m. to Noon<br>First 90 minutes<br>3.5+ on Court 3<br>3.0 on Court 2<br>After, All Levels Mix |   | <b>PICKLEBALL</b><br>9 - 11:45 a.m.<br>Open Play |
| 11 a.m. |  | <b>SPECIAL ACTIVITIES</b><br>10:30 a.m. to Noon   |   |   |   |  |
| Noon    |  |   |   |   | <b>LSVT PARKINSON'S</b><br>11 a.m. to Noon  |  |
| 1 p.m.  |  | <b>OPEN GYM</b><br>Noon to 1:30 p.m.  |   | <b>OPEN GYM</b><br>Noon to 1:30 p.m.  |   |  |
| 2 p.m.  |  | <b>ROCK STEADY WARMUP</b><br>1:30- 2 p.m.   |   | <b>ROCK STEADY WARMUP</b><br>1:30- 2 p.m.   | <b>OPEN GYM</b><br>Noon-5 p.m.  |  |
| 3 p.m.  | <b>OPEN GYM</b><br>Noon-7:15 p.m.  | <b>OPEN GYM</b><br>2-5 p.m.   | <b>OPEN GYM</b><br>Noon-7:30 p.m.   | <b>OPEN GYM</b><br>2-5 p.m.   |   |  |
| 4 p.m.  |  |   |   |   |   |  |
| 5 p.m.  |  |   |   |   |   |  |
| 6 p.m.  |  | <b>PICKLEBALL</b><br>5-7:15 p.m.<br>First 60 Minutes<br>3.5+ on Court 3<br>After, All Levels Mix  |   | <b>PICKLEBALL</b><br>5-7:15 p.m.<br>First 60 Minutes<br>3.5+ on Court 3<br>After, All Levels Mix                      |   |  |
| 7 p.m.  |  |   |   |   |   |  |

**KEY**

- NAVY
- BASKETBALL
- CLASSES
- PICKLEBALL
- ACTIVITIES
- OPEN GYM
- SCHOOLS

QUESTIONS? Call (207) 844-2801 or go to bathymca.org.

Monday-Thursday: 6 a.m. to 7:30 p.m.  
Friday: 6 a.m. to 6 p.m.  
Saturday: 8 a.m. to 1 p.m., Sunday: CLOSED